



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09035, Apricots, frozen, sweetened

Report Date: May 22, 2017 02:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g
Proximates					
Water	g	73.30	--	--	177.39
Energy	kcal	98	--	--	237
Energy	kJ	410	--	--	992
Protein	g	0.70	--	--	1.69
Total lipid (fat)	g	0.10	--	--	0.24
Ash	g	0.80	--	--	1.94
Carbohydrate, by difference	g	25.10	--	--	60.74
Fiber, total dietary	g	2.2	--	--	5.3
Minerals					
Calcium, Ca	mg	10	--	--	24
Iron, Fe	mg	0.90	--	--	2.18
Magnesium, Mg	mg	9	--	--	22
Phosphorus, P	mg	19	--	--	46
Potassium, K	mg	229	--	--	554
Sodium, Na	mg	4	--	--	10
Zinc, Zn	mg	0.10	--	--	0.24
Copper, Cu	mg	0.064	--	--	0.155
Manganese, Mn	mg	0.050	--	--	0.121
Selenium, Se	µg	0.4	--	--	1.0
Vitamins					
Vitamin C, total ascorbic acid	mg	9.0	--	--	21.8
Thiamin	mg	0.020	--	--	0.048

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g
Riboflavin	mg	0.040	--	--	0.097
Niacin	mg	0.800	--	--	1.936
Pantothenic acid	mg	0.200	--	--	0.484
Vitamin B-6	mg	0.060	--	--	0.145
Folate, total	µg	2	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	5
Folate, DFE	µg	2	--	--	5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	84	--	--	203
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	1680	--	--	4066
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.007	--	--	0.017
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.006	--	--	0.015
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.044	--	--	0.106
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.044	--	--	0.106
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.020	--	--	0.048
18:2 undifferentiated	g	0.020	--	--	0.048
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 242g
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.008	--	--	0.019
Threonine	g	0.024	--	--	0.058
Isoleucine	g	0.020	--	--	0.048
Leucine	g	0.039	--	--	0.094
Lysine	g	0.049	--	--	0.119
Methionine	g	0.003	--	--	0.007
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.026	--	--	0.063
Tyrosine	g	0.015	--	--	0.036
Valine	g	0.024	--	--	0.058
Arginine	g	0.022	--	--	0.053
Histidine	g	0.013	--	--	0.031
Alanine	g	0.034	--	--	0.082
Aspartic acid	g	0.157	--	--	0.380
Glutamic acid	g	0.079	--	--	0.191
Glycine	g	0.020	--	--	0.048
Proline	g	0.051	--	--	0.123
Serine	g	0.042	--	--	0.102
Other					
Alcohol, ethyl	g	0.0	--	--	0.0